

# Thanksgiving is just around the corner...



**Thanksgiving is a holiday to give thanks for the harvest season.** It is a time for family, friends, and co-workers to gather together and celebrate each others company. Food is an important part of many holiday celebrations, family and cultural traditions. In fact, special occasions often center around food. As a re-



sult, many people gain a little weight between Thanksgiving and the New Year.

**Consider these 6 tips and enjoy the holiday season without gaining weight!**

## 1. Focus on weight maintenance vs. weight loss:

If you are currently overweight and want to lose weight, this is not the time to do it. Maintenance of your present weight should be your goal.

**2. Be physically active every day:** Physical activity from work around the office to aerobic activities (cleaning, raking leaves, taking the stairs instead of the elevator) can relieve stress, control your appetite, and burn extra calories from holiday eating.

## 3. Eat a light snack before holiday parties:

Try eating a piece of fruit, yogurt, or string cheese to curb your appetite before you go to a work or holiday party.

**4. Reduce fat in holiday recipes:** There are plenty of low-fat and low-cal substitutes that are appetizing. Try using applesauce

in place of oil in your favorite holiday breads; use egg substitutes in place of eggs; try nonfat yogurt in place of sour cream. Give them a try, and share your cooking creations with family, friends, and co-workers.

**5. Enjoy family, friends, and co-workers:** Although food can be a big part of the season, it doesn't have to be the focus. Use the Holidays as an opportunity to reunite with good friends, family, and co-workers. Share laughter and cheer, and celebrate giving thanks. Just relax, enjoy the holidays, and remember what the season is all about.

**6. Maintain perspective:** Overeating one day won't make or break your eating plan. It takes days of overeating to gain weight. The important thing to remember is balance and moderation. It's OK to eat too much once in a while. Return to your usual nutrition plan the next day without guilt.

## Upcoming...

**Galloping Gobbler 4 Miles:** 11/22—Fort Wayne, IN; University of St. Francis

*Create a Thanksgiving tradition! Visit FortWayne-Gobbler.com*

**Drumstick Dash 4.5 Miles:** 11/22—Broad Ripple

*Hosted by the Running Co. Benefits Wheeler Mission Ministries. Entries will help feed the hungry in central Indiana! tuxbro.com*

**Circle of Lights Tree Lighting:** 11/23—Downtown Indy, Monument Circle

*This annual event features festive acts from around the state. Santa will usher in the holiday season and flip on the lights @ 7:45 p.m.*

**Celebration Crossing:** 11/17 - 1/5—The Indiana State Museum 9a.m. - 5p.m.

*Enjoy traditional holiday favorites! Visit Santa and Mrs. Claus, ride the Santa Claus Express Train, and make crafts to take home!*

**Mansfield Village Old-Fashioned Christmas:** 11/23-25—Mansfield, IN

*Experience Christmas in an old fashioned way this year! Get into the spirit with delicious food, carriage rides, and unique gift ideas. (765) 653-4026*

Visit [www.VisitIndiana.com](http://www.VisitIndiana.com) for more events around the state.

## Try this Healthy Holiday Alternative...

### Crustless Pumpkin Pie

*Add a twist to pumpkin pie by using orange peel, skim milk and egg whites instead of whole eggs. Total time: 5 hrs., 20 min. Serves up to 8 people.*

#### Brown Sugar Topping

¼ c. packed brown sugar  
¼ c. quick-cooking oats  
1 Tbsp of margarine

#### Pumpkin Pie

1 can (16 oz) of pumpkin  
1 can (12 oz) of evaporated skimmed milk  
3 egg whites or ½ c. of fat-free cholesterol-free egg product  
½ c. granulated sugar  
½ c. all-purpose flour

1½ tsp pumpkin pie spice  
¾ tsp baking powder  
1/8 tsp salt  
2 tsp grated orange peel  
Heat oven to 350°F. Spray pie plate, 10 x 1½ in., with nonstick cooking spray.

In small bowl, mix all Brown Sugar Topping ingredients; set aside.

Place all Pumpkin Pie ingredients in blender or food processor in order listed. Cover and blend until smooth. Pour into pie plate. Sprinkle with topping. Bake 50 - 55 min. or until knife inserted in center comes out clean. Cool 15 min. Refrigerate about 4 hrs. or until chilled.

**Nutritional Information: 1 Serving:** Calories 185; Total Fat 2g; Cholesterol 2mg; Sodium 240mg; Total Carbohydrate 36g; Protein 6g.  
Source: [www.bettycrocker.com](http://www.bettycrocker.com)

